



## National Family Caregivers Month Schedule of Events – November 2023

### ***A Salute to Family Caregivers***

**Wednesday, November 1, 2:15 pm to 3:00pm**

Join by Zoom: <https://us02web.zoom.us/j/82739479263>; DIAL: 1 301 715 8592 & Mtg ID: 827 3947 9263.

*This virtual kick-off for National Family Caregivers Month, co-hosted by BDS Healthy Aging Networks and BCHD, will recognize caregivers for their commitment to family members, neighbors, and the community. Program highlights include a proclamation by Mayor Brandon Scott to foster public awareness of caregiving, words of encouragement by Johns Hopkins Health Systems' Rev. William Johnson, and special tributes.*

### ***Annual Family Caregivers Award Ceremony & Recognition Luncheon***

**Friday, November 17, 11 am to 1:30 pm**

Baltimore War Memorial Auditorium, Wolman Assembly Room, 101 N. Gay Street, Downtown Baltimore

*BCHD will host its annual celebration to recognize Baltimore City caregivers for the valuable role they play in caring for family members, friends, and neighbors in need. This event is by special invitation only.*

### ***Lunch & Learn: Care for the Caregiver***

**Thursday, November 9, 11 am to 12:00 pm – Harford Senior Center, 4920 Harford Road, 21214**

**Tuesday, November 21, 11 am to 12:00 pm – Sandtown Winchester Senior Center, 1601 Baker Street, 21217**

**Thursday, November 30, 11 am to 12:00 pm – Hatton Senior Center, 2825 Fait Street, 21224**

*Caregivers play an amazing and critical role in the life of their loved ones, but often they experience stress feeling overwhelmed during their caregiving journey. BCHD will host a series of Lunch & Learn sessions at Baltimore Senior Centers to focus on the well-being of older adults and to let caregivers know they are not alone. Come join us to meet with the Family Caregivers Program team, enjoy lunch and learn about many available resources. For information and RSVP, contact [Jose.Jimenez@baltimorecity.gov](mailto:Jose.Jimenez@baltimorecity.gov) or 443-615-6233*

For additional information, contact Jazmine Adams, BCHD Family Caregivers Program – 443-615-6233